

<b>Time:</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>
<b>9-10 am</b>	<b>20x3 Cardio Strength Core</b> Shaunna M.		<b>Combat Class</b> Jeanette Reynolds		
<b>10:15-11:15</b>				<b>All Level Yoga</b> Shaunna McNamara	<b>Gentle Yoga 10:10-11:10am</b> Kathleen Manson
<b>6:15-7 pm</b>			<b>Yoga Without Judgement</b> Zoe Allen  <b>6:15-7:15pm</b>	<b>Pedal &amp; Pump</b> Angela MacLeod	
<b>7-8 pm</b>	<b>Combat Class</b> Jeanette Reynold	<b>Yoga &amp; Pilates Blend</b> Shaunna McNamara			
<b>7:30-8:30pm</b>			<b>Zumba</b> Trina Oickle- Pottie		

Drop in Rates: Seniors 55+ \$7.50 Adults \$ 8.50

**SAVE \$\$ 10 Visit Punch Card Seniors \$65 Adults \$75**

If school is cancelled centre will be closed and all classes are cancelled.

No classes : Dec 17– Jan 3, February 18, 21, March 14-18 , April 15 & 18, May 20 & 23

Classes resume January 4, 2022.

**All classes end week of June 13- June 16 ,2022.**

**Please call to reserve your spot for Thursday Pedal & Pump class.**

Follow us on Facebook for up to date information on centre.

**20x3** : Monday 9-10 am - Shuanna McNamara. 20 mins cardio, 20 mins strength, 20 mins core. Great full body workout.

**Combat Classes:** Monday 7-8 pm & Wednesday 9-10 am –Jeanette Reynolds.  
Full body strength and cardio workout that uses martial arts and kickboxing. Great workout for all levels.

**All Level Yoga** :Thursday 10:15-11:15am - Shauna McNamara  
Class incorporating vinyasa with focus on strength and core. Beginner to Intermediate.

**Zumba:** Wednesday 7:30-8:30 pm - Trina Oickle-Pottie. Latin and international music inspired cardio workout. Dance & have fun!

**Yoga Without Judgement:** Wednesday 6:15-7:15 Zoe Harnish  
A vigorous flow that is great for all levels. Vinyasa style flow class offering a moving meditation that emphasizes the sequential movement between postures, coordinated with guided by deliberate breath. Creates strength, relaxation and fluidity in the body/ mind.

**Yoga & Pilates Blend:** Tuesday 7-8 pm—Shauna McNamara  
Blend between pilates and yoga. Great full body & core workout.

**Gentle Yoga:** Friday 10:10-11:10 am-Kathleen Manson. Mindful gentle yoga flow with any modifications as needed. Great for all levels including beginners.

**Pedal & Pump:** Thursday 6:15-7pm— Angela MacLeod . Great full body weight workout with spin for cardio. **Please call to reserve your spot.**